**SALA 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **ORARI** | **LUNEDI** | **MARTEDI** | **MERCOLEDI** | **GIOVEDI** | **VENERDI** |
| **09.00 - 09.30****09.30 - 10.00** | **GINNASTICA****POSTURALE** |  | **GINNASTICA****POSTURALE** |  | **GINNASTICA****POSTURALE** |
| **10.00 - 10.30****10.30 - 11.00** |  | **GINNASTICA****POSTURALE** |  | **GINNASTICA****POSTURALE** |  |
| **11.00 - 11.30****11.30 - 12.00** |  |  **YOGA** |  |  **YOGA** |  |
| **12.00 - 12.30****12.30 - 13.00** |  |  **POSTURALE** |  |  **POSTURALE** |  |
| **13.00 - 13.30****13.30 - 14.00** |  |  |  |  |  |
| **14.00 - 14.30****14.30 - 15.00** |  |  |  |  |  |
| **15.00 - 15.30****15.30 - 16.00** | **PSICO** **MOTRICITA’** |  |  | **GINNASTICA IPOPRESSIVA** |  |
| **16.00 - 16.30****16.30 - 17.00** | **MUSICA****TERAPIA**  |  |  | **GINNASTICA IPOPRESSIVA** |  |
| **17.00 - 17.30****17.30 - 18.00** |  | **GINNASTICA** |  | **GINNASTICA** |  |
| **18.00 - 18.30****18.30 - 19.00** |  | **POSTURALE** |  | **POSTURALE** |  |
| **19.00 - 19.30****19.30 - 20.00** | **KUNDALINI****KUNDALINI** |  |  |  | **GATKA****GATKA** |
| **20.00 - 20.30****20.30 - 21.00** | **KUNDALINI** |  |  |  | **GATKA** |
| **21.00 - 21.30****21.30 - 22.00** |  |  |  |  |  |

**SALA 1**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **ORARI** | **LUNEDI** | **MARTEDI** | **MERCOLEDI** | **GIOVEDI** | **VENERDI** |
| **09.00 - 09.30****09.30 - 10.00** | **GINNASTICA****POSTURALE** |  | **GINNASTICA****POSTURALE** |  | **GINNASTICA****POSTURALE** |
| **10.00 - 10.30****10.30 - 11.00** |  | **GINNASTICA****POSTURALE** |  | **GINNASTICA****POSTURALE** |  |
| **11.00 - 11.30****11.30 - 12.00** |  |  **YOGA** |  |  **YOGA** |  |
| **12.00 - 12.30****12.30 - 13.00** |  |  **POSTURALE** |  |  **POSTURALE** |  |
| **13.00 - 13.30****13.30 - 14.00** |  |  |  |  |  |
| **14.00 - 14.30****14.30 - 15.00** |  |  |  |  |  |
| **15.00 - 15.30****15.30 - 16.00** | **PSICO** **MOTRICITA’** |  |  | **GINNASTICA IPOPRESSIVA** |  |
| **16.00 - 16.30****16.30 - 17.00** | **MUSICA****TERAPIA**  |  |  | **GINNASTICA IPOPRESSIVA** |  |
| **17.00 - 17.30****17.30 - 18.00** |  | **GINNASTICA** |  | **GINNASTICA** |  |
| **18.00 - 18.30****18.30 - 19.00** |  | **POSTURALE** |  | **POSTURALE** |  |
| **19.00 - 19.30****19.30 - 20.00** | **KUNDALINI****KUNDALINI** |  |  |  | **GATKA****GATKA** |
| **20.00 - 20.30****20.30 - 21.00** | **KUNDALINI** |  |  |  | **GATKA** |
| **21.00 - 21.30****21.30 - 22.00** |  |  |  |  |  |

**SALA 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **ORARI** | **LUNEDI** | **MARTEDI** | **MERCOLEDI** | **GIOVEDI** | **VENERDI** |
| **09.00 - 09.30****09.30 - 10.00** | **GINNASTICA****POSTURALE** |  | **GINNASTICA****POSTURALE** |  | **GINNASTICA****POSTURALE** |
| **10.00 - 10.30****10.30 - 11.00** |  | **GINNASTICA****POSTURALE** |  | **GINNASTICA****POSTURALE** |  |
| **11.00 - 11.30****11.30 - 12.00** |  |  **YOGA** |  |  **YOGA** | **BEBY SENSORY** |
| **12.00 - 12.30****12.30 - 13.00** |  |  **POSTURALE** |  |  **POSTURALE** |  **YOGA IN GRAVIDANZA** |
| **13.00 - 13.30****13.30 - 14.00** |  |  |  |  |  |
| **14.00 - 14.30****14.30 - 15.00** |  |  |  |  |  |
| **15.00 - 15.30****15.30 - 16.00** |  |  | **GINNASTICA IPOPRESSIVA** |  |  |
| **16.00 - 16.30****16.30 - 17.00** |  |  | **GINNASTICA IPOPRESSIVA** |  |  |
| **17.00 - 17.30****17.30 - 18.00** |  | **GINNASTICA** |  | **GINNASTICA** | **DANZA AEREA** **TESSUTO**  |
| **18.00 - 18.30****18.30 - 19.00** |   | **POSTURALE** |  | **POSTURALE** | **CERCHIO** |
| **19.00 - 19.30****19.30 - 20.00** | **TWERK****OPEN LEVEL** | **HATHA YOGA****HATHA YOGA** | **TWERK****OPEN LEVEL** | **HATHA YOGA****HATHA YOGA** |  |
| **20.00 - 20.30****20.30 - 21.00** |  |  **HATHA YOGA** |  |  **HATHA YOGA** |  |
| **21.00 - 21.30****21.30 - 22.00** |  |  |  | **TWERK** **AVANZATO** |  |

**SALA 2**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **ORARI** | **LUNEDI** | **MARTEDI** | **MERCOLEDI** | **GIOVEDI** | **VENERDI** |
| **09.00 - 09.30****09.30 - 10.00** | **GINNASTICA****POSTURALE** |  | **GINNASTICA****POSTURALE** |  | **GINNASTICA****POSTURALE** |
| **10.00 - 10.30****10.30 - 11.00** |  | **GINNASTICA****POSTURALE** |  | **GINNASTICA****POSTURALE** |  |
| **11.00 - 11.30****11.30 - 12.00** |  |  **YOGA** |  |  **YOGA** | **BEBY SENSORY** |
| **12.00 - 12.30****12.30 - 13.00** |  |  **POSTURALE** |  |  **POSTURALE** | **YOGA IN GRAVIDANZA** |
| **13.00 - 13.30****13.30 - 14.00** |  |  |  |  |  |
| **14.00 - 14.30****14.30 - 15.00** |  |  |  |  |  |
| **15.00 - 15.30****15.30 - 16.00** |  |  | **GINNASTICA IPOPRESSIVA** |  |  |
| **16.00 - 16.30****16.30 - 17.00** |  |  | **GINNASTICA IPOPRESSIVA** |  |  |
| **17.00 - 17.30****17.30 - 18.00** |  | **GINNASTICA** |  | **GINNASTICA** | **DANZA AEREA** **TESSUTO**  |
| **18.00 - 18.30****18.30 - 19.00** |   | **POSTURALE** |  | **POSTURALE** | **CERCHIO** |
| **19.00 - 19.30****19.30 - 20.00** | **TWERK****OPEN LEVEL** | **HATHA YOGA****HATHA YOGA** | **TWERK****OPEN LEVEL** | **HATHA YOGA****HATHA YOGA** |  |
| **20.00 - 20.30****20.30 - 21.00** |  |  **HATHA YOGA** |  |  **HATHA YOGA** |  |
| **21.00 - 21.30****21.30 - 22.00** |  |  |  | **TWERK** **AVANZATO** |  |